GOOD NEWS
FOR HOMEMAKERS

by Shirley W. Walton
Extension Agent
Fall Vegetable Forecast

Fresh vegetables are available throughout the year, but prices vary depending upon supplies. Planning menus using seasonal vegetables is a good way to save money. Specials are often advertized in local newspapers. Alert shoppers watch for these specials and then plan menus accordingly. This fall be prepared to watch for these specials and save money.

Green beans are likely to be a fall special. Crops through September are projected to be 1% above 1973 crops.

Eggplant will be at peak availability through October, however the New Jersey crop is expected to be 2% smaller than a year ago.

Lettuce should also be readily available. Nationally the crop is expected to be 2% greater than in 1973. Steady supplies of cabbage are anticipated through October with this year's production up 4%.

Sweet potato supplies are likely to increase during September and October, heading toward peak supplies in November. Potato harvests during July through September are expected to be 1% above last year. This should improve availability of this popular staple.

Sweet corn will still be available in August but supplies will soon drop rapidly. Tomatoes have passed peak availability but they will be in stores for some time.

If you're looking forward to pumpkin pie, you will have to wait until October, the only month with volume supplies.

In addition to these vegetables, others may be available locally. Remember to check advertised specials for money-saving purchases of seasonal vegetables.

RECIPE OF THE WEEK
Orange Oatmeal Cake

Surprise the folks at your home with special cake which features a crunchy topping.

1½ cups fresh orange juice
1 cup quick-cooking rolled oats
½ cup butter or margarine
1 cup sugar
½ cup firmly packed brown sugar
2 eggs
1 teas. vanilla extract
1¾ cups sifted flour
1 teas. baking powder
1 teas. soda
½ teas. salt
¼ teas. ground cinnamon
1 tablespoon grated orange peel
½ cup chopped walnuts

Bring orange juice to boiling point; pour over oats and set aside. Cream together butter and sugars until light; add eggs and vanilla extract. Beat until thoroughly blended. Sift together flour, baking powder, soda, salt, and cinnamon. Add alternately with oats to creamed mixture. Stir in grated peel and nuts. Pour batter into greased 13 x 9 x 2 inch baking pan. Bake at 350 degrees F. for 40 minutes or until done. Remove from oven and spread immediately with Orange Delight Topping. Place under broiler for about 1 minute or until topping is bubbly.

Orange Delight Topping:
½ cup firmly packed brown sugar
¼ cup butter or margarine
1 tablespoon grated orange peel
1 tablespoon orange juice
1 cup flaked coconut
½ cup chopped walnuts

Combine sugar, butter, grated peel, and orange juice in small saucepan. Bring to a boil and cook 1 minute stirring constantly. Add remaining ingredients and stir until blended.

Feed and Wheat Programs Announced

Secretary of Agriculture Earl L. Butz recently said that the 1975 feed grain and wheat programs will have no set-aside requirement, and will provide farmers decision-making freedom to produce for the marketplace. He stressed there will be no land removed from agricultural production under these government programs.

As the Department stated when announcing the 1974 programs, there will be no conserving base requirement for the duration of the Agriculture and Consumer Protection Act of 1973 (through the 1977 crop year). Nor will the provision be implemented during the life of the 1973 Act which gives the Secretary discretionary authority to limit feed grain and wheat to a percentage of allotments.

The Secretary pointed out that the allotments under programs authorized under the 1973 Farm Bill do not represent a limit on acreage, but are computed only for the purpose of payments to producers should such payments be required. Generally, the allotments for wheat and feed grains represent the number of acres harvested of wheat, corn, grain sorghum and barley based on the estimated national average yield which would result in production equal to estimated domestic and export disappearance in the 1975-76 marketing year.

Also as in 1974, the producers may substitute any non-conserving crop or any conserving crop used for hay or for grazing in order to preserve their wheat, or feed grain allotments and to make them eligible for any payments under the target price feature. Crops for which a marketing quota is in effect are excluded.

Because of the market-oriented nature of these programs, producers will be studying prices rather than allotment acreages, Secretary Butz said. The price incentive should result in full plantings and with normal weather conditions should enable the U.S. to not only fulfill domestic and export requirements but to build up much needed stocks as well, he said.

Secretary Butz said today's announcement will provide farmers with the information they need to make their 1975 crop plantings decisions. Additional program provisions will be announced after the Department has had an opportunity to make a better determination of 1974 production, he said.

Beckham

Mr. and Mrs. Herman Moore Jr. of Richmond spent Saturday night with Mr. and Mrs. Howlett Drinkard, Donald Lee and Miss Eunice Martin, Mr. and Mrs. David Martin visited in this home Saturday night. Mr. and Mrs. Abner Martin of Richmond spent Sunday night in this home.

Miss Patricia Martin of Richmond spent Sunday night with Mr. and Mrs. Robert Morris and family and Mrs. S. G. Martin. Mr. and Mrs. Abner Martin were Sunday supper guest in this home.

Mr. and Mrs. Alfred Martin and boys, Mr. and Mrs. M. G. Martin, Jr., and Mr. and Mrs. Everette Moore spent four days recently camping at Pelican Point Smith Mountain Lake. They returned home Sunday evening.

Mr. and Mrs. Frank Drumheller and family of Detroit Michigan spent some time with Mr. and Mrs. Winston Martin. They returned home Friday.

Mr. and Mrs. Paul Burge joined other members of their family for a reunion at the home of Mr. and Mrs. Robert Burge and family of Bedford.

Sunday dinner guest of Mr. and Mrs. L. E. Martin were, Mr. and Mrs. Gibbs Martin, Mrs. Geraldine Moore, Debbie and Gwen Moore, Mr. and Mrs. Fletcher Burge Jr., Mr and Mrs Charles Tweedy and Tracey and Ricky Burge.

Charlotte Moore is visiting Mr. and Mrs. Tom Schmutz, Traci and Jennifer.

Mr. and Mrs. Walter Young recently visited Mrs. R. E. Mays in a hospital in Lexington.

Mr. and Mrs. Alfred Moore, Timmy Moore, Mrs. Larry Stallings and Wendy visited Mr. Mundy Moore recently. He returned to his home Friday after treatment in Lynchburg General Hospital.

Mrs. H. C. Moore, Mrs. Tom Schmutz, Mr. Ronnie Morris, and Mrs. S. G. Martin recently visited Mrs. Hermon Moore in Lynchburg General Hospital.

Rogers Earns ME Degree

Will Rogers, son of Mr. and Mrs. Frank Rogers of Appomattox, received his Master of Education Degree in Administration and Supervision from the University of Virginia August 17.

Rogers is married to the former Gayle Clements of Appomattox. The couple have three daughters, Mandy, Penny and Julie.

Will teaches and coaches varsity basketball at Dan River High School at Ringgold and resides with his family in Danville.

TIMES-VIRGINIAN
APPOMATTOX, VA.

Southern States FALL SALE
SEPTEMBER 6-21

- BIG SAVINGS
- 62 VALUABLE PRIZES GIVEN AWAY

☆ GRAND PRIZE Capri 20 cu. ft. Chest Freezer

Extra Heavy Duty Unico BATTERIES
48-month pro-rata guarantee. Prices include exchange.
6-VOLT, No. EHD-1 — Fits many tractors, cars thru 1955 except Fords Mercurys. Regular suggested price $29.45 — SALE $22.95
12 VOLT, No. EHD-22F — Fits some Fords, Mercurys, 6-cylinder Chevys, Pontiacs, Buicks, Olds thru 1974. Regular suggested price $30.00 — SALE $23.50
12-VOLT, No. EHD-24 — Fits many Ford, GM, Chrysler models thru 1974. Regular suggested price $36.40 — SALE $28.45

"Lite-Tuff" TARPAULINS
8' x 10' Heavy duty Sale $24 Regular suggested price $30.95
10' x 12' Heavy duty Sale $36 Regular suggested price $46.45
14' x 16' Heavy duty Sale $67.50 Regular suggested price $86.70
Cotton-synthetic blend is light and tough. Rope in hem. Brass grommets.

STANDARD E-Z GREASER Sale $21.95 Regular suggested price $32.85 with 10 ft. hose

E-Z MULTI-LOAD GREASE GUN Sale $3.95 Regular suggested price $5.50 No. C-1080.

Weed-burning Fence Controller Sale $22.50 Regular suggested price $25.30
115-volt Unico 2-4-5-T model ends nuisance shorts. Has lightning arrestor.

KORDITE PLASTIC LAWN & LEAF BAGS Sale $1.55 pkg. of 10
Makes yard work easier. Strong and tough. Big 7 bushel capacity. 20" x 14" x 56" No. E3-1903-7.

8 PT. 26" CROSS-CUT SAW Sale $4.25 Regular suggested price $5.65 No. 150.

17% PIPERAZINE LIQUID WORMER Sale $1.40 qt. Regular suggested price $2.05

LOCK-ON TRACTOR FUNNEL Sale $3.49 Regular suggested price $4.29 No. TF-123.

10-AMP BATTERY CHARGER Sale $19.9_ No. 6-10398W.

Skil TSC Variable Speed 3/8" Drill Sale $19.99 Regular suggested price $24.99
Zero to 1000 RPM. Double insulated. 2-prong plug. Super burnout protection. No. 6-15014W.

Skil Deluxe 7¼" Saw Sale $49.99 Regular suggested price $54.99
10 amp ball-bearing motor. Super burnout protection. Double insulation. Convenient 2-prong plug. No. 6-105060W.

THORSEN 6 PC. COMBINATION WRENCH SET Sale $6.65 Regular suggested price $9.95 Size 3/8 thru 3/4 inch No. PC-6.

INFRARED HEAT LAMP Sale $1.45 Regular suggested price $2.08 250 watts. 115-125 volts. No. 250R40/1.

Lawn Seed prices cut
Save 10% on Southern States Velva-Green, Dura-Green and Shadee lawn seed mixtures. Grow beautiful grass.

Unico Aluminum Paint Sale $7.25 gal. Regular suggested price $10.05 gal.
Hard, durable. Each gallon covers up to 600 square feet—more than other paints. No. 756.

6 FT. ALUMINUM STEP LADDER Sale $25.95 Regular suggested price $29.90 No. 376.

FAST BROADCAST SPREADER Sale $19.95 Regular suggested price $25.95 Model B-1.

MILK REPLACER SAVINGS
50 cents off now on each 50-pounds of any Southern States milk replacers. Raise profitable replacements or vealers.

DOG FOOD DISCOUNT
Save 25¢ on each 25-lb. bag, 50¢ on each 50-lb. bag, $20 on each ton of Red Ranger or Ready Ration dry dog food. Save $1.00 on each case of 48 cans of Red Ranger Canned Dog Food (poultry base). Save $1.00 on each case of 24 cans of Red Ranger Chunks (beef and meat by-products). Top conditioners.

CHOR-KING ALUMINUM GRAIN SCOOP Sale $7.95 Regular suggested price $11.25 Size 14. No. 16-714.

EVEREADY HAND LANTERN Sale $3.15 less battery Regular suggested price $4.15 No. 108A.

Steel Leaf Rake Sale $2.25 Regular suggested price $2.80

Titan Deluxe Portable Heater Sale $19.95 Regular suggested price $28.98
Wood tone styling. Dual wattage selector—1300 or 1500. Therm-O-Dial controls. No. RT28B.

CRUSH-PROOF 10 qt. FORTEX PAIL Sale $2.75 Regular suggested price $3.85 No. N200-10

6" HEAVY STRAP HINGES Sale 80¢ Regular suggested price $1.05 No. 1902

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Main Street 352-7298 Appomattox, Va.

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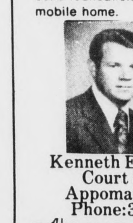

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...u name an animal that ...uce a ton of food in a ...nd not die? It's that ...d, magnificant dairy

...ounds of milk contains ...ids. Across the county ...rage dairy cow will ...about 15,000 pounds of ...year. Multiply 15,000 ...% and you come up ...pounds of solid food. ...er animal is quite an ...n producing such a ...e product.

* * *

...g 1972, falls in Virginia ...ed for nearly 40% of all ...e to accidents in the ...

* * *

...gs for the 1st Pied... ...arket Hog and Trade ...e available from this ...Why not plan to attend ...rtant event. It would ...xcellent place to buy ...mals.

* * *

...u have plans for ...g slaughter cattle and ...Canada, there is quite ...fication process that ...followed. We have the ...ion if you need it.

...attle prices are low and ...re shortage of money ...ding institutions won't ...situation this fall. If ...ally buy cattle in the ...should begin making ...ncial arrangements. A ...nd cash flow will be ...when arranging credit.

* * *

...e rapidly approaching ...e to seed oats and ...Only a few growers ...ed Windsor Oats. We ...s a good one. Compact ...good choice. Windsor is ...was a real problem in ...his year. Most barley ...will agree that we badly need a better variety. There is a Virginia developed line, 70-44-213 that looks real good. In seven locations this year it averaged 82 bushels per acre. If these yields stand-up, next year it will probably be released.

* * *

Several small grain growers attempted to get seed from the Virginia Crop Improvement Seed Farm for this fall seeding. No orders were filled because it had been booked earlier.

Early booking, September 15, is necessary to secure seed for the following fall.

* * *

Several people have asked, "What is the small black and orange wasps we see flying about the yard?" These are parasitic wasps that feed on white grubs.

Don't kill them -- they seldom sting.

* * *

PRECIPITATION:
Last Week
Month of August
Nor. for Mo of Aug.
This Month
This Year
Nor. for This Yr.

We're telling 44 million prisoners in the United States how to escape.
Give
AMERICAN CANCER SOCIETY

Coleman Brothers Visit

Bascomb Coleman, left, of Orlando, Fla. and William Coleman, right, of Arlington visit with brother Frank Coleman of Appomattox. Frank is a member of the Appomattox American Legion and served in both World War I and World War II.

Five-Day Plan to Stop Smoking

A series of five consecutive group therapy sessions usually held for one hour each evening. These sessions include:

1. Lectures or discussion by a pastor-medical team on the psychological aspects of the smoking problem. 2. Films on smoking and its harmful effects on body and mind. 3. Demonstrations of procedures helpful to overcome the smoking habit without drugs. 4. Exchange of experience by participants as they fight the habit under the now recognized effective Five-Day Plan.

II. A personal control program that reaches into every minute of the individuals waking life. A special booklet entitled "Your Five Day Plan" tells him: 1. How to relax; 2. How to avoid familiar spots or activites that might lead to a smoke; 3. When to exercise and how to breathe; 4. What to eat and drink; 5. Even what to think at crucial times; 6. How to meet the habit of smoking on a physical, mental, social, and spiritually combined basis.

III. A buddy system similar to that used by Alcoholics Anonymous is a vital part of the program and follow-up after the course closes.

Who Sponsors It? Sponsored as a community service by the Seventh-day Adventist Church. Ever since it origin the Adventist Church has held that the use of tobacco and alcohol is harmful to health. Therefore, its members do not smoke or drink. The Sloan-Kettering Institute, knowing this, used the members in a study on the incidence of lung cancer among smokers and non-smokers. It discovered that incidence of lung cancer among the nonsmoking Adventists was only 10 percent of the average in the U.S.

The Church is sponsoring this Plan as a part of its contribution to the physical-fitness program of the nation at a time when clear minds and healthy citizens are needed. It is a part of the Church's cooperation with the cancer society and other organizations which are urging an educational program about the effects of smoking. **Origin:** The Five-Day Plan to Stop Smoking was developed by the Seventh-Day Adventist denomination. It began in New England with one of the first course held in Claremont, New Hampshire, by a Seventh-day Adventist pastor, Elman J. Folkenberg, and an Adventist physician, Dr. J. Wayne McFarland. Forty persons attended the course which was held in a hotel ballroom. Thirty of the forty attending stopped smoking.

Subsequently, the Plan was tested in several other New England towns, in factories, high schools, hospitals, and for the general public in city halls, etc. The Plan,Mr. Brodersen says, has been observed and commended by the well-known chest surgeon, Dr. Alton Ochsner, and by heart specialist, Dr. Paul Dudley White.

Preliminary surveys reveal that by the third day of group therapy, approximately 50 percent of the participants lose their craving for tobacco. By the fifth evening, 70 percent or more have either lost their craving or it is so diminished that they have the problem under control.

The Plan has now been held repeatedly in the major cities in the United States and Canada. It is also being conducted in Europe, Australia, and most other parts of the world.

Results: During 1972 alone, it was estimated that over two million people throughout the world, and Approximately 350,000 in North America, stopped smoking through the Five-Day Plan. This number is increasing year by year as successful participants encourage friends and relatives to choose better living and the pleasure of nonsmoking.

Information: For further information call 352-7255 or contact the "Times-Virginian."

Modernistic Club News

Regular preaching service was held at Galilee Baptist Church Sunday, Sept. 1, at the 11:00 a.m. service hour. Rev. Lawing was at his past with a very timely message. Theme - "Redeeming the Time". The message was well delivered and explained to the members and friends present. The points which were outstanding brought out in the sermon were 1. Now is the time 2. Prepare now for life after death. 3. Help and love each other 4. Learn by past failures and mistakes. The sermon was most helpful to all who attended services on Sunday. An appreciative audience came out for the morning worship.

The offering for the morning was very liberal.

There were some visitors from sister churches with us in service.

Music was rendered by the Senior Choir under the direction of sister Ann Lawing. The music was enjoyed by those present.

The church school was well attended at the 10 a.m. hour. Supt. John A. Watson was present and every thing went well. A nice number were on hand and the lesson was well taught by the instructors.

We were sorry to learn about the sick in the community and elsewhere. We pray that all may soon recover their health.

The pastor sent up special prayers for brother Mckinney Tibbs who is in the hospital in Maryland. He also prayed for all of the sick here and elsewhere as well.

The announcements were read by sister Dorothy Stevens and many sister churches were asking Galilee Baptist to come and give them a helping hand. The pastor admonished the church to do their part in rendering service to those sister churches who called for help.

In and out of town:

The Pankey girls who have been visiting their mother Mrs. Bertha Pankey have returned to their homes in Maryland and Mount Vernon, N.Y. The girls gave an account of a very pleasant vacation.

Mrs. Rosser Coleman and his grandson visited in Appomattox in route to Baltimore, Md. after visiting relatives and friends in West Virginia and Roanoke, Va.

Mr. Howard Stevens is visiting in Maryland this week. We trust that his story may be pleasant.

Mr. George Stevens visited friends in Crewe, Va. Sunday.

Mr. Tom Patterson of Maryland visited relatives and friens in Appomattox over the week.

Mrs. Martha Reed visited relatives and friends in Crewe.

We trust that all visitors and friends had a pleasant visit.

See you next week!!!

FIGHT CANCER
American Cancer Society

Concord PTA Holds Meeting

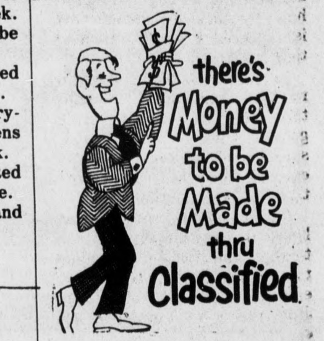
CONCORD - The Executive Board of the Concord Elementary School Parent, Teachers Association held its first meeting of the current school year August 26 at the school.

A slate of new officers was presented to the group with Charles Rath as president and Richard Carroll as vice president. Mrs. Carolyn Smith will be in charge of devotions with Mrs Brenda Goodwin serving as secretary.

Frank Casper is the new treasurer, Mrs. Lucelli Fillin- will head budget and finance and Sam Baker will serve as parliamentarian. Safety and health will be headed by Mrs. Hester Shull while Mrs. Judy Marr will be in charge of social arrangements.

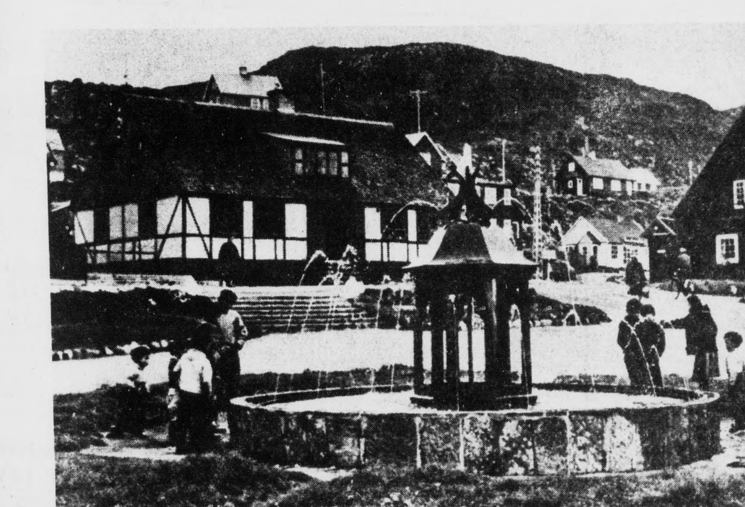
James Goodwin will head building and grounds and Mrs. Hilda Casper is in charge of membership while Mrs. Betty Weiland will head the legislative branch.

The next Executive Board meeting is slated for September 10 at 7 p.m. with a general PTA meeting following at 8 p.m. Both meetings will be held at the school.



TIMES VIRGINIAN
Appomattox, Va.

17th ANNUAL
KIWANIS CLUB OF LYNCHBURG
TRAVEL & ADVENTURE SERIES



Oct. 16 — "Quebec-La Belle Province"
Nov. 20 — "Mountain Safari" (Bicycles from Maine to Canada)
Jan. 15 — "Greenland: An Odyssey"
Feb. 19 — "Northwestern Adventure" (Oregon, Idaho & Washington)
Mar. 19 — "Bright Belgium"
Apr. 16 — "Alaska"

Place — E. C. Glass High School Auditorium
Time — 8:00 P.M. (the third Wednesday of each month) Season tickets available from members of Kiwanis Club of Lynchburg, Holiday Travel Bureau and by mail.

ORDER BLANK FOR SEASON TICKETS
Mail to:
Kiwanis Club of Lynchburg
P. O. Box 1255
Lynchburg, Virginia 24505
Please make checks payable to Kiwanis Club of Lynchburg

Enclosed please find my check for $______ covering season tickets for the "17th Annual Travel & Adventure Series" as follows:
______ Adult Tickets at $6.00 $______
______ Student Tickets at $5.00 $______
Please send tickets to: Name ______ Address ______ Phone ______

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5¾%	90-DAY MATURITY COMPOUNDED QUARTERLY MINIMUM DEPOSIT $100	5.87%*
6½%	ONE-YEAR MATURITY COMPOUNDED QUARTERLY MINIMUM DEPOSIT $1000	6.66%*
6¾%	30-MONTH MATURITY COMPOUNDED QUARTERLY MINIMUM DEPOSIT $1000	6.92%*
7¼%	4-YEAR MATURITY COMPOUNDED QUARTERLY MINIMUM DEPOSIT $1000	7.45%*

A SUBSTANTIAL INTEREST PENALTY IS REQUIRED FOR EARLY WITHDRAWAL
* IF HELD TO MATURITY

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